



## ARONSON FOOTCARE

*Podiatric Medicine and Foot Surgery*

**Dr. Scott M. Aronson**

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### Instructions Following Surgery

*Take all medications as prescribed or Tylenol for discomfort.*

*NO Alcoholic beverages while on pain medications.*

*Keep pain medication out of the reach of children.*

These instructions have been designed to minimize your inconvenience and make you as comfortable as possible. Please **READ AND FOLLOW** all of these recommendations. In addition to increasing your comfort, they also help protect your surgical correction and improve healing. Please discuss any questions with Dr. Aronson at (781) 344-1440 (24 hours per day). If you call after hours, please follow the instructions to speak with the doctor or leave a message (with phone number) for a return phone call. We want your surgical experience to be as pleasant as possible.

1. Bathroom privileges **ONLY** on the day of surgery (Stay off the foot).
2. Elevate the foot at all times for the first 24 hours following surgery.
3. A small amount of staining on the bandages is nothing to be alarmed about; a large amount should be brought to the doctor's attention, immediately.
4. If there is swelling and the bandage feels tight, re-wrap the outside (colored) layered only.
5. Never remove the sterile (white) bandage.
6. Apply an ice pack (provided) to the back of the calf or to the top of the ankle as this will cool down the blood supply to the foot and help minimize swelling.
7. At night, place a pillow under the mattress (at the foot of the bed).
8. It is very important to keep the bandage **CLEAN** and **DRY**.
9. If you get the bandage wet, call the office immediately.
10. Please wear the post-op surgical shoe at all times while walking until you are directed by Dr. Aronson to discontinue its use.
11. If you have any questions or problems, please do not hesitate in calling 24 hours per day.
12. POST-OPERATIVE PROTOCOL FOR MANAGEMENT OF PAIN & INFLAMMATION

#### **THE DAY OF (after surgery)**

- Take narcotic pain medication (when you get home) as directed (if prescribed)
- Continue taking narcotic medication (as needed).
- Keep ahead of the pain, do not wait too long, relief may take up to 30 minutes.
- May take NSAID (ex: Motrin, Advil, Aleve as needed).
- May also substitute Tylenol for pain or discomfort.

13. Stay hydrated.

14. Call immediately with a fever greater than 100.6°F

15. Your next appointment is: \_\_\_\_\_ Please call to schedule / confirm.

16. OTHER: \_\_\_\_\_

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**\*\*CALL WITH ANY QUESTIONS OR CONCERNS: 781-344-1440\*\***